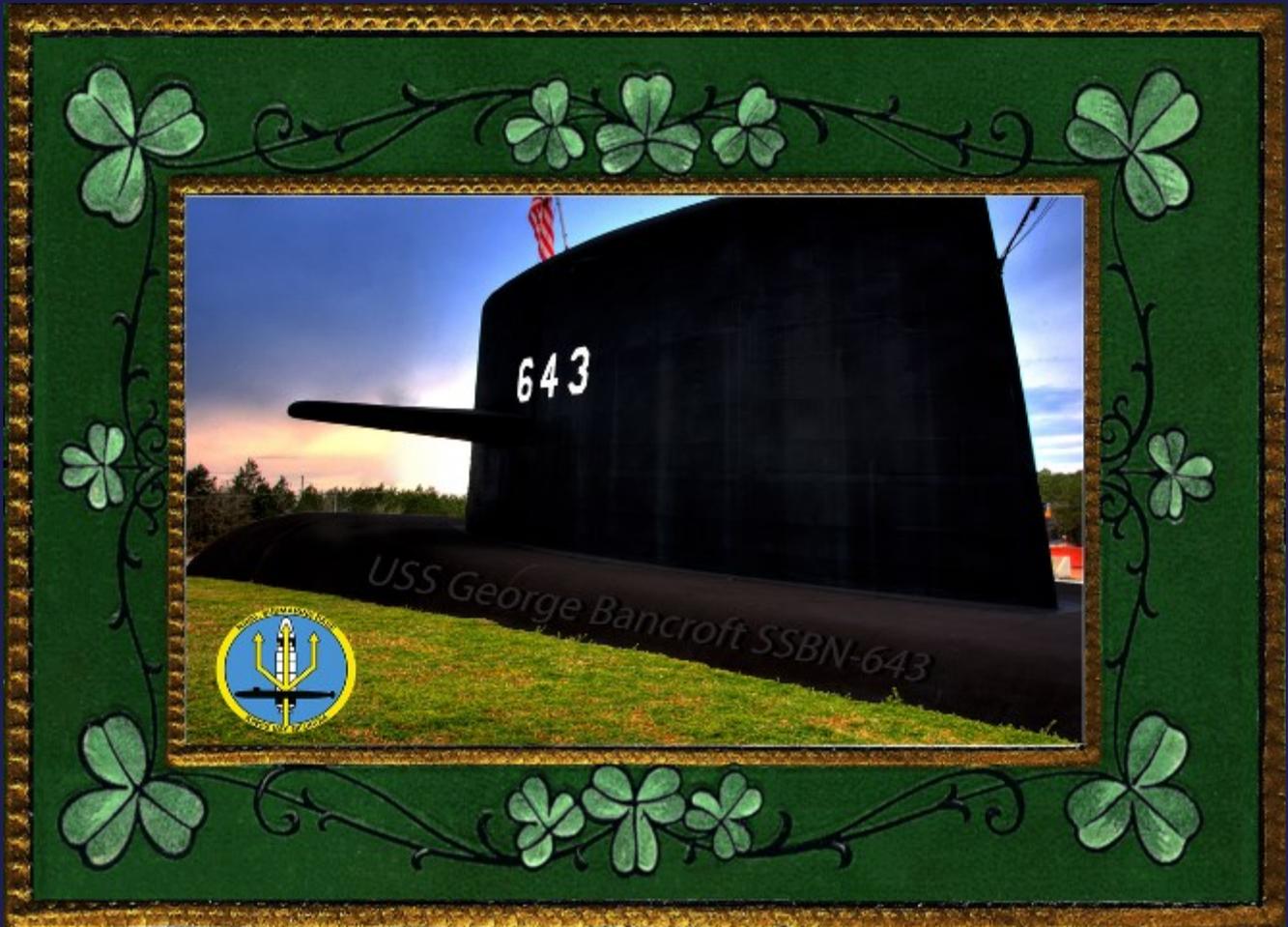




Angles & Dangles

March 2015

Volume 2, Issue 3



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INSIDE THIS ISSUE:

Looking for something to do this March? You're not alone. Fortunately, there is so much to keep you busy in and around Naval Submarine Base Kings Bay. In fact, there is something for nearly everyone.

Now is a great time to head over to ITT for tickets to the area's best attractions:

- ◇ 25th Annual Southeast Military Travel Fair - March 13 at the TRIPLEX at 11 am
- ◇ Great deals for Walt Disney World, Universal Orlando, Legoland and more
- ◇ Don't forget about cruises - cruise ships leave weekly from local ports
- ◇ MWR is also offering a weekend of fun in the sun at Panama City Beach March 13-15

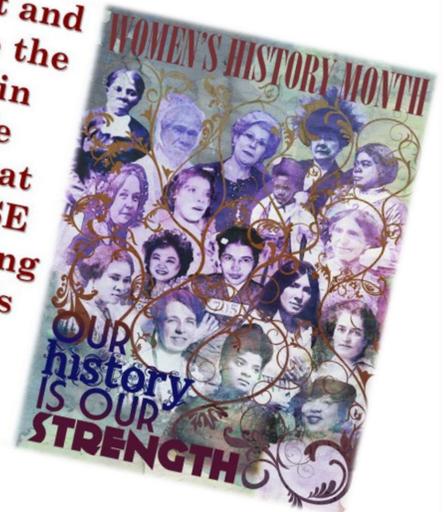
Looking for some outdoor fun?

- ◇ Lucky Leprechaun 5K March 3 at Trident Lakes Golf Club.
- ◇ Life Guard Training Course at the Fitness Complex from March 30 - April 3
- ◇ Come out to Trident Lakes for \$5 golf clinics each Tuesday, Thursday and Saturday

Outside the fence line in Jacksonville there's:

- ◇ Journey and Steve Miller Band - March 12
- ◇ John Mellencamp - March 15
- ◇ NCAA March Madness - March 19 & 21
- ◇ Eric Church - March 27

**Come out and
celebrate the
women in
your life
March 31 at
the SUBASE
Chapel during
the Women's
History
Month
observance.**



Did you have a great experience? Do you have an idea to make something better? Use the Interactive Customer Evaluation (ICE) system to let us know!

ICE allows DoD customers to rate products and services on base by using digital comment card to improve the products and services available to you. Starting March 1, you can go to <http://ice.disa.mil/> to provide your feedback.

For more information, contact Lt. j.g. James Coleman at 912-573-1277.

VACATION PLANNING, HOTELS AND TICKETS!

ITT SPECIAL UNIVERSAL STUDIOS OFFER!!

Pick up a special Military ticket exclusively for U.S. military members **only** available through ITT. It is not be available at the gate or online.

- ◇ 1-Day Park-to-Park Ticket with **2 Days Free** - \$136.50
- ◇ Purchase now through June 1, 2015 and completely use by June 20. No blackout dates apply!
- ◇ Open to Active Duty, Retirees, DoD (Foreign Affiliates and Contractors not eligible)
- ◇ Tickets will arrive **UNACTIVATED** - Tickets will be **ACTIVATED** at any Universal Pass Sales window with a valid ID.

Hours of Operation:

Monday -
Friday
10 am - 5 pm

Phone:

912-573-1157

ITT TICKET SPECIALS (Adult / Child) *

- ◇ Universal Orlando - 99.50 / 93.25
- ◇ Disney World 1, 3, 4, and 5-day Passes
- ◇ Wonder Works-Orlando - 21.50 / 17.50
- ◇ Legoland Florida - 48.25 / 44.00
- ◇ Sea World Orlando - 75.50
- ◇ Busch Gardens - Tampa - 75.50
- ◇ Florida Eco-Safaris - From 26.00
- ◇ Kennedy Space Center - 44.50 / 33.50
- ◇ Medieval Times Dinner Show - Orlando - 41.50 / 34.75
- ◇ Six Flags - Atlanta - 39.00
- ◇ Wild Adventures - Valdosta - 31.00
- ◇ Disney Jr Live **(3/07)** - 16.00

*Prices are subject to change

ITT SPECIALS AND RESORTS

Special prices for Disney, Sea World, Universal, Cocoa Beach and Tampa hotels and resorts are available at ITT. Stop by to get the best prices and latest deals to go with the already amazing ticket prices.

Also, book your cruise with ITT! There are weekly sailings from Jacksonville!



FREE ADMISSION TO SEA WORLD OR BUSCH GARDENS

Active Duty, and up to three direct dependents, get one day of free admission for 2015. See WavesOfHonor.com for more information.

**25TH ANNUAL
SOUTHEAST MILITARY
TRAVEL FAIR**

March 13, 11 am - 1 pm

Love to travel? Come out to the TRIPLEX to see more than 60 travel vendors from all over the Southeast Region, and enter for a chance to win a two-night stay in Orlando, a video game system and more.

Hot



DISNEY WORLD MILITARY PROMOTION

- 4-Day Park Hopper \$173.25
- 4-Day Water Park & More \$173.25
- 4-Day Park Hopper Fun & More \$203.25

TRIPLEX Recreation Center

TRIPLEX LIBERTY AND RECREATION CENTER

Hours of Operation:

Monday -
Thursday
11 am - 11 pm
Friday
11 am -
midnight
Saturday
noon - midnight
Sunday
noon - 11 pm

Holiday Hours:

Noon - 8 pm

Phone:

912-573-4548

The TRIPLEX Liberty and Recreation Center is a consolidated multi-functioning complex open to all active duty military, reservists, DoD Civilians, retirees, family members and guests that are 18 years of age and older.

◇ Shoot a game of pool, watch your favorite movie or get your game on playing our interactive sports and amusements in this

many roomed recreation center.

◇ Centrally located snack bar with "Grab-N-Go."

◇ Billiard tables, a variety of sizes of HD TVs; including a 120" HD Projection system, Foosball, Air Hockey, Ping-Pong, Poker tables and Shuffle Board are offered for friendly competitions.

◇ For the movie buff, a 40-seat Home Theatre style Movie Center is an enjoyable option with over 700 first-run movie selections from Navy Motion Picture Service.

◇ Not to leave out the gamers, the latest in Playstations and X-Box games and systems are available to challenge

you. Individual computers with internet capabilities and printers are offered for your use.



MARCH TRIPS

March 7

GTF Paintball
Depart the TRIPLEX at 9 am
\$5 for Active Duty

March 27

Movie & the Mall Trip
Depart TRIPLEX at 5 pm
\$5 for Active Duty

March 13 - 15
Panama City Beach
(Must be at least 18)



Hours of Operation:

Monday-Friday
10 am - 5 pm

Phone:

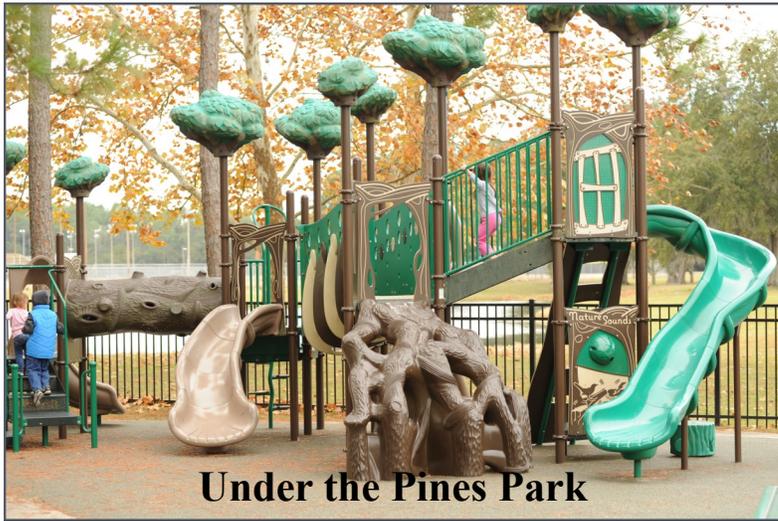
912-573-8972

The OAC is home to all your outdoor needs. Whether you're looking for a kayaking trip or some gear to have your own adventure, the OAC is where you need to go! We can also help you with equipment for that next event you're hosting with tables, chairs, or inflatables for birthday parties. We are co-located with Information, Tickets, and Travel (ITT).

Base permits for hunting and fishing are available here.

PICNIC AND PARKS

The OAC manages four picnic, park and camping areas, Etowah Park, Under the Pines (with playground). Otter's Cove and Lake-view are located on Lake D adjacent to the Eagle Hammock RV Park.



Under the Pines Park

OUTDOOR ADVENTURE PROGRAMS

- ◇ Canoe and Kayak
- ◇ Snow Skiing
- ◇ Paintball
- ◇ Hiking
- ◇ Fishing

OUTDOOR EQUIPMENT

- ◇ Campers
- ◇ Canoes
- ◇ Boats
- ◇ Bicycles
- ◇ Kayaks

CAMPING GEAR ITEMS

- ◇ Grills
- ◇ Canopies
- ◇ Tables
- ◇ Coolers

CHAIRS & INFLATABLE FUN

- ◇ Bounce Houses
- ◇ Obstacle Course
- ◇ Water Slides

March Fun with Morale, Welfare and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Mar 9 - Sundae Spectacular (7 pm @ Eagle Hammock)</p> <p>Mar 23 - Bash at Jax with Liberty (5 pm)</p>	<p>Mar 3 - Lucky Leprechaun Run (7 am @ Trident Lakes)</p> <p>Mar 10 - 9-Ball Tournament (6 pm @TRIPLEX)</p> <p>Mar 24 - 8-Ball Tournament (6 pm @TRIPLEX)</p>	<p>The Gathering Cooking Classes (5 pm @ BLDG 1058)</p> <p>Mar 25 - Pancake Breakfast (9 am @ Eagle Hammock)</p>	<p>Gamers Challenge (18 & Older) (11:30 am - 12:30 pm @ TRIPLEX)</p> <p>Mar 12 - Popcorn Lovers Day (Eagle Hammock)</p>	<p>Mar 6 - Wine & Cheese Night (Eagle Hammock)</p> <p>Mar 13 - Travel Trade Show (11 am @ TRIPLEX)</p> <p>Mar 27 - Movie and the Mall trip (5 pm)</p>	<p>Mar 7 - GTF Paintball trip (9 am)</p> <p>Mar 21 - Great Life, Great Outdoors (noon)</p>

Trident Lakes Golf Club

Hours of Operation:

Open 7 days a week, weekends and holidays
7 am - 6 pm

Phone:

912-573-8475

Trident Lakes Golf Club is an 18 hole course that will challenge golfers of all skill levels. The terrain is com-

prised of gently rolling fairways, bordered by dense trees for beautiful, shady scenery. Golfers can trav-

erse the course with ease in an electric rental cart, or work in some cardio by utilizing a pull cart.

RESERVATIONS

Tee time reservations are available every day. Tee times are every ten minutes and starter times every 60 minutes. Starter times will not be reserved in advance.

Reservations can be made online at myffr.navyaims.com

Tee time reservations may also be made in person or by calling 912-573-8476.

GREEN FEES WITH CART

	M-F/S&S	M-F/S&S
E5 & Below	\$18/\$20	\$10/\$11
E6 & Above	\$20/\$22	\$11/\$13
DoD	\$21/\$25	\$12/\$14
Civilians	\$22/\$26	\$13/\$15
Juniors	\$18	\$10

WALKING GREEN FEES

	M-F/S&S	M-F/S&S
E5 & Below	\$8/\$10	\$5/\$6
E6 & Above	\$10/\$12	\$6/\$7
DoD	\$12/\$14	\$7/\$8
Civilians	\$13/\$15	\$8/\$10
Juniors	\$6	\$3

DRIVING RANGE BALLS

	Single	Couple
Monthly Plan	\$40	\$50
Small Bucket	\$3	
Large Bucket	\$4	

Children play free every day after 12 pm with a paying parent!



MWR Golf tournaments

March 4 at 8:30 am
March 18 at 8:30 am



Save the date!

Trident Lakes Clinics for March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Men's Association		Women's Clinic (9 am and 4 pm)	<p>Mar 4 - MWR Shotgun (8:30)</p> <p>Mar 18 - MWR Shotgun (8:30)</p>	Men's Clinic (3 pm and 4 pm)	Mar 6 - Grand Outing	Men's Association Children's Clinic (11 am and 12 pm)

Golf clinics are only \$5 per person, per session

Recreation for Tomorrow's Superstars

Outreach

If you are interested in volunteering to become a youth coach, please call 912-573-8202.

YOUTH SPORTS

Kings Bay Youth Sports program provides family members ages 4-15 a diversified, fun, quality, organized and recreational sports program.

This recreational program is designed to enhance social,

emotional and physical development of participants in a wholesome environment. The emphasis of the program is on sportsmanship and individual/team participation rather than winning and los-

ing, and to provide youth with caring positive role models through a trained volunteer staff.

Open to active duty military, reservists, retirees, DoD Civilians, and their family members.

FUN FOR THE YOUTH OUT IN THE NEIGHBORHOOD!



Founded in 1991, the Boomers

Swim Club offers a year-round competitive swim program aimed at children and young adults between the ages of five and 18. The Boomers will teach the val-

ue of individual merit, team spirit and provide a wholesome outlet for your energies.

The Boomers Swim Club offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the Boomers

Swim Club to offer age-specific training for all of our athletes geared toward challenging and developing each individual to the best of THEIR abilities.

Please call 912-230-0674 for more information.

Opportunities for Children in March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Mar 24 - Give Parents a Break (5:30-9:30 @CYP)</p>		<p>Mar 5 - Give Parents a Break (5:30-9:30 @CYP)</p>	<p>Mar 13 - Give Parents a Break (5:30-9:30 @CYP)</p>	<p>Mar 21 - Give Parents a Break (8-noon @CYP)</p>

INTRAMURAL SPORTS

Amenities:

- ◇ Bod Pod
- ◇ Private Trainer
- ◇ Free-Weight, Fitness Circuit, and Family Fitness Rooms
- ◇ Cardio Theater and Spin Studio
- ◇ Racquetball & Tennis Courts
- ◇ Sauna
- ◇ Indoor & Outdoor Basketball Courts
- ◇ 25 Meter heated pool for lap and recreation swimming

Flag Football League

Starts: March 30

Registration: March 2 - 25

Mandatory Captains' Meeting: March 24 at 5 pm or March 25 at 7 pm

Divisions: Open

Format: 7v7

Active Duty Cost: \$100 Refundable Forfeit Deposit

DoD Cost: \$200 Non-Refundable Registration Fee



Softball League

Starts: March 23

Registration: March 23 - March 18

Mandatory Captains' Meeting: March 17 at 5 pm or March 18 at 7 pm

Divisions: Men's, CoRec

Format: 10v10

Active Duty Cost: \$100 Refundable Forfeit Deposit

DoD Cost: \$200 Non-Refundable Registration Fee

LUCKY LEPRECHAUN 5K

Join Navy Adventures Unleashed for a 5K run March 3 at Trident Lakes Golf Course. The run starts bright and early at 7 am!

OUTSIDE THE FENCE



The Camden Cycling Club members participate in cycling, running and swimming and are actively seeking to promote these aerobic sports through the promotion of safe events, dissemination of safe and proven techniques and providing a social climate amongst fellow athletes.

When was the last time you had a great time with people who had the same interests as you do? Whatever your personal goals are, being part of a group that knows the benefits of the sport and can show you the proven way to make the sport fun will encourage you to return and attain your goal.

To find out how to become a member, check out the Camden Cycling Club website at www.camdencyclingclub.com.

ACTIVE DUTY SWIM LESSONS

Swim lessons are being offered for military members with limited swimming experience. Students will learn controlled breathing and basic strokes. New 4-week sessions begin each month. If you are interested sign up at the gym.



LIFE GUARD TRAINING COURSE

The Kings Bay Pool is hosting an American Red Cross Lifeguard Training course March 30 - April 3, from 8 am - 4 pm at the Fitness Complex pool and classroom. Participants that successfully complete the entire course will receive certifications in Lifeguard Training, CPR for the Professional Rescuer, and First Aid.

Participants must be at least 15 years old by the last day of class, and pass a pre-course swim test the first day of class. Pre-registration is required.

The course fee is \$175. For more information on this course, please call the Kings Bay Fitness Complex pool at 573-3001.



Hours of Operation:

Monday-Friday
5 am - 10 pm
Saturday
9 am - 7 pm
Sunday and
Holidays
noon - 6 pm

Lap Swimming

Monday - Friday
5:30 - 8:30 am &
11 am - 1 pm

Phone:

912-573-3990
912-573-3001 (Pool)

SWIM INSTRUCTORS NEEDED

The Kings Bay pool is seeking certified swim instructors to teach swimming lessons this summer. Applicants must currently be certified as an American Red Cross Water Safety Instructor.

Swim lessons will be taught in 2 week sessions from June through the end of July. Most lessons will be taught between the hours of 9 am to noon, Monday - Friday.

Interested Instructors wanting more information on teaching swim lessons this summer can call the Kings Bay Pool at 573-3001.

Fitness Center Classes for March

Monday	Tuesday	Wednesday	Thursday	Friday
Mommy and Me (9-9:45)	PiYo (9-9:45)	Mommy and Me (9-9:45)	Yoga Flow (9-9:45)	Open Spin (11-1)
Spin (11:30-12:15)	Core Assault (11:30-12:15)	Spin (11:30-12:15)	Core Assault (11:30-12:15)	Open Spin (4-5)
TRX (11:30-12:15)	Kids in Motion (4:30-5)	NOFFS Regeneration (11:30-12:15)	TRX (3-5)	
Shake and Sweat (5-6)	Spin (5-6)	Shake and Sweat (5-6)	Spin (5-6)	
	Freestyle Kickboxing (7:15-8:15)	Body Sculpt (7:15-8:15)	Insanity (6-6:45)	
			Freestyle Kickboxing (7:15-8:15)	

*Free classes for
AD & families*

KB FINNEGAN'S IRISH PUB

KB Finnegan's is the first Irish Pub in the Navy. It's Irish authenticity is unique in itself. Stop by for a cold

pint of Ireland's famous Guinness ale or choose from several other varieties on draught! You **need** to come

by March 19 for the "Shamrock the House" event. The fun kicks off at 4 pm, and you don't want to miss it!

Hours of Operation:

Monday,
Wednesday &
Thursday
3:30 - 10 pm
Tuesday
4:30 - 10 pm
Friday
3:30 - 11 pm
Saturday
4:30 - 11 pm

Phone:

912-573-9429



O'BRIEN'S BUNKER RESTAURANT

O'Brien's Bunker Restaurant has indoor and outdoor seating with scenic views of Trident Lakes Golf Course; serving American cuisine.

O'Brien's Bunker also provides catering services for events, and has a take-out option.

*Voted Best New
Restaurant!*

**Hours of
Operation:**

Monday -
Friday
10:30 am -
1:30 pm

Phone:

912-573-0008

**Ideal location for Chief / Division / Wardroom
luncheons!**

DOMINO'S PIZZA

Co-located within the Rack-N-Roll Lanes Entertainment Center, Domino's Pizza provides a wide variety of menu items for your enjoyment. **Delivery service is also available and they are open late!**

Hours of Operation:

Monday - Thursday
10 am - midnight
Friday - Saturday
10 am - 1 am
Sunday
10 am - midnight

Phone:

912-510-5400

Rack-n-Roll Lanes

Our 14 lane facility transcends the bowling alleys of yesteryear, and uses state-of-the-art technology. An 80-foot video wall and a sound system brings energy to bowling entertainment.

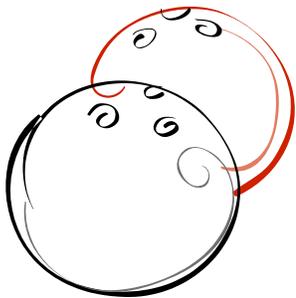
Our lanes are equipped with the latest in automated scoring systems and optional bumpers.

Hours of Operation:

Monday, Tuesday, Thursday
5 - 9 pm
Wednesday
11 am - 9 pm
Friday
5 - 11 pm
Saturday
11 am - 11 pm
Sunday & holidays
1 - 8 pm

Phone:

912-573-9492



FAMILY NIGHT
Come out for Family Night every Thursday!
For \$30, each family gets:

- ◇ one lane for 1 1/2 hours of unlimited bowling
- ◇ bowling shoes
- ◇ 1 large one-topping pizza
- ◇ 25 tokens for the game room!

 Good for up to six people!



Amenities:

- ◇ Pro Shop
- ◇ Redemption Game Room
- ◇ Party Room
- ◇ Fast Action Bingo
- ◇ 7 Projector Screens
- ◇ Domino's Pizza
- ◇ K.B. Finnegan's Irish Pub
- ◇ Free WiFi

Events:

- ◇ Themed Events
- ◇ Birthday Parties
- ◇ Group Functions

Rack-N-Roll Lanes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mixed League (6:30)	Mar 17 - Bowling with Liberty	Free Bowling for Active Duty (11 - 1) Mixed League (6:30)	Men's League (6:30) Family Night \$30 (5-9:30)	X-Treme Bowling \$2.75 per game (5-11) Mar 6 - School Break Bowling Special (1-5 pm)	Youth League (9 am) X-Treme Bowling \$2.75 per game (5-11)
<p>March 30 - April 3 Spring Break Bowling Special, 1-5 pm</p>					

Fleet & Family Support Center

"Supporting the Family"

Hours of Operation:

Monday -
Wednesday &
Friday
8 am - 4:30 pm
Thursday
9 am - 4:30 pm

Phone:

912-573-4512

Fleet and Family Support Programs support individual and family readiness through a full array of programs and resources which help Navy families to be resilient, well-informed and adaptable to the Navy environment.

Programs include:

- ◇ Deployment and Ombudsman Support for Sailors and their families
- ◇ Personal and Family Wellness Education and Counseling
- ◇ Emergency Preparedness and Response
- ◇ Crisis Intervention and Response

- ◇ Military and Personal Career Development
- ◇ Financial Education and Counseling
- ◇ Relocation Assistance
- ◇ Transition Assistance
- ◇ Spouse Employment

FFSC Events for March

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mar 2 - Parenting (9-11:30)</p> <p>Mar 9 - Parenting (9-11:30)</p> <p>Mar 16 - Parenting (9-11:30)</p> <p>Mar 23 - Parenting (9-11:30)</p> <p>Mar 30 - Parenting (9-11:30)</p>	<p>Mar 3 - New Parent Support Grp (10-12)</p> <p>Mar 10 - New Parent Support Grp (10-12)</p> <p>Mar 17 - Million Dollar Sailor (8-4)</p> <p>New Parent Support Grp (10-12)</p> <p>Smooth Move Workshop (10-12)</p> <p>Mar 24 - New Parent Support Grp (10-12)</p> <p>Mar 31 - New Parent Support Grp (10-12)</p>	<p>Mar 4 - Exceptional Family Member Training (10-11:30)</p> <p>Pre-Marital Workshop (1-4)</p> <p>Mar 11 - SAPR Advanced Training (8-12)</p> <p>Mar 18 - Spouse 101 (9-1)</p> <p>Million Dollar Sailor (8-4)</p> <p>Resume Workshop (10-12)</p> <p>Mar 25 - Anger Mgmt (8:30-12:30)</p>	<p>Mar 5 - Connection through Communication (10-11:30)</p> <p>Mar 12 - Transition GPS Capstone Event (8-10)</p> <p>Mar 19 - Sponsorship Training (1-2:30)</p> <p>Stress Management Class (1-4)</p> <p>Mar 26 - 10 Steps to a Federal Job Class (9:30-12:30)</p>	
<p>Mar 9-13 Transition GPS (7:30-4)</p>				
<p>Mar 23-27 Transition GPS (7:30-4)</p>				

THINKING OF STARTING COLLEGE?

The base and DoD has partnered with schools that provide classes and programs aboard Kings Bay as well as distance learning schools with hundreds of degree programs available on line.

Drop by or call the Navy College Office today to learn how to shop for and find the right school to get a high quality degree in the shortest time and for the least amount of money.

Hours of Operation:

Monday -
Friday
8 am - 3:30 pm

Phone:

912-573-4527



The Navy College Office is your **FIRST** stop for:

- GED
- Vo-Tech training
- Associates
- Bachelors
- Master, and
- Doctorate!

Beginning a degree or only want to take a class or two, NCO

Counselors can help you.

Enjoy the NCO "Campus Resource Center," an education focused, multi-use facility. A quiet area with group and individual spaces for studying college, military advancement, and more. It's open in

the afternoons and evenings. You can also attend college classes there at night by calling the NCO today.

College Counseling/ Education Indoc

This required counseling is held every Tuesday, Wednesday and Thursday, from 2-3 pm.

ARE YOU READY FOR **PO1 Exam: March 5**
YOUR ADVANCEMENT **PO2 Exam: March 12**
EXAM? **PO3 Exam: March 19**

SPECIAL EVENTS:

ACT/SAT Testing

⇒ ACT - March 3, May 5, July 7

⇒ SAT - April 7, June 2 (**Not available July-Sep**)

Call to register: 912-573-4527

Ed Indoc: Part I of II - Research

* Learn how to start college shopping.

⇒ Every Tue, Wed, Thur

⇒ 2-2:45 pm, Bldg 1030

Ed Indoc: Part II - Planning & Funding

* You will learn how to fund and plan all classes.

⇒ Take 1-4 weeks after 1st Class

⇒ Every Tue, Wed, Thur

⇒ 3-3:30 pm, Bldg 1030

GREAT ONLINE INFORMATION

- ◇ TA Applications
<https://myeducation.netc.navy.mil/>
- ◇ PELL Grant
<https://fafsa.ed.gov/>
- ◇ GI Bill Transfers to Family Members
Online Search: BUPERSNOTE 1780 - US Navy, Paragraph 13.
- ◇ Massive Open Online Courses (MOOCs)
www.coursera.com
- ◇ Cheap/Used Books
www.cheapboooks.com
www.allbookstores.com



Worship Service Hours

Protestant Worship:
Sunday - 10:30 am

Catholic Mass:
Monday, Wednesday-Friday -
11:15 am

Adoration following
Wednesday Mass until 8 pm

Confession:
Saturday - 4:30 pm
Mass:
Saturday - 5 pm

Confession:
Sunday - 8:30 am
Mass:
Sunday - 9 am

Confessions also by
appointment

Chapel Office Hours:

Monday - Friday
8 am - 4 pm

Phone:

912-573-4501

MARCH LENT SCHEDULE

2nd Sunday of Lent

Feb 28, Catholic Mass 5 pm
Mar 1, Catholic Mass 9 am
Protestant Worship Service 10:30 am

3rd Sunday of Lent

Mar 7, Catholic Mass 5 pm
Mar 8, Catholic Mass 9 am
Protestant Worship Service 10:30 am

4th Sunday of Lent

Mar 14, Catholic Mass 5 pm
Mar 15, Catholic Mass 9 am
Protestant Worship Service 10:30 am

5th Sunday of Lent

Mar 21, Catholic Mass 5 pm
Mar 22, Catholic Mass 9 am
Protestant Worship Service 10:30 am

Palm Sunday

Mar 27, Catholic Mass 5 pm
Mar 28, Catholic Mass 9 am
Protestant Worship Service 10:30 am

PERSONAL RESILIENCY RETREAT

March 6-8, 2015

Over the course of the retreat attendees gain a greater knowledge of self and understanding of personal values. The weekend will increase the capacity to handle stress effectively while maintaining a sense of direction, personal strength, and inner peace.

To register call the chapel office or email the CREDO facilitator Aaron Jefferson at aaron.jefferson1@navy.mil

PERSONNEL SUPPORT DETACHMENT

Hours of Operation:

Monday-Friday
7:30 am - 4 pm

Phone:

912-573-3988

ID Card Issuing:

912-573-8259

DEERS /RAPIDS:

It is important to update your Defense Enrollment Eligibility Reporting System (DEERS) record to show any changes of address, family status such as marriage, divorce, birth or adoption. To update your address in DEERS, visit PSD.

CAC / ID

CARDS:

Common Access Card (CAC) / Military Identification (ID) cards are required for access to military installations. ID CAC/ID Cards are issued Monday -Friday, from 7:30 am - 4 pm. **On Saturday, March 14, CAC/ID**

Cards will be issued on a walk-in service bases from 9 am - 1 pm.

SERVICE MEMBERS' PAGE 2:

The Page 2 should be updated whenever there is a change in family member status, i.e. a new child, change of address, divorce, etc.

Free Legal

Hours of Operation:

Monday - Friday
8 am - 4 pm

Phone:

912-573-3935

KINGS BAY NAVY LEGAL OFFICE

The Navy Legal Office provides legal services to authorized personnel including Sailors and their families.

Such as:

- ◇ Family law
- ◇ Foreclosure advice and counseling
- ◇ Immigration

- ◇ Notary services
 - ◇ Powers of attorney
 - ◇ Landlord/tenant matters
 - ◇ Small claims court matters
 - ◇ Wills/estate planning.
- Pre-deployment services are given priority.

VITA SERVICES

Volunteer Income Tax Assistance (VITA) volunteers provide FREE income tax preparation assistance to military members.

Located in the base legal office, volunteers are available from 8-11 am and 1-3 pm.

KINGS BAY VETERINARY TREATMENT FACILITY

Then the Army-run veterinary clinic on board SUBASE treats the pets of military members and their families.

SERVICES

- ⇒ Annual wellness exams for dogs and cats
- ⇒ Puppy and kitten wellness series exams

- ⇒ Health certificates for interstate and international travel
- ⇒ Sick-call exams (we will see pets same day whenever possible)
- ⇒ Vaccines
- ⇒ Additional services available as needed.

DOG PARK

The Barks and Recreation Dog Park, located in the housing area between Nathaniel Greene and Oak Ridge Road, is was designed to give families a place to exercise and socialize their dogs.

Hours of Operation:

Monday - Friday
9 am - 4 pm

Dog Park Hours:

Sunrise - sunset

Phone:

912-573-0755

ST. PATRICK'S DAY MEAL
MARCH 17

Meal Hours:

March 12
11 am -
12:45 pm

Price:

\$5.55

Phone:

912-573-9639

Main Menu

Irish Colcannon & Thyme Soup
Apple Glazed Corned Beef
Grilled Salmon
Parsley Buttered Potatoes
Steamed Rice
Fried Cabbage
Glazed Carrots
Irish Soda Bread
Bread Pudding
Lemon Lime Cake
Salad Bar

All Active
Duty,
Retired,
Reserve,
Family
Members
and Civilians
are invited
to attend
this meal.

St. Patrick's
Day

Speed Line Menu

Fish & Chips
Grilled Bratwurst
Grilled Peppers & Onions

There will also be a
special meal honoring
Women's History
Month March 31!

Military, if you're not eating at the Pirate's Cove Galley throughout the month, you're missing out! Each and every month you'll find:

- ◇ An endless salad bar with assorted toppings and dressings
- ◇ A deli bar with assorted meats and toppings, and even a "Sandwich Artist" who will stop by to make your sandwich just how you like it
- ◇ On Sundays, enjoy a baked potato bar with all the fixin's
- ◇ For those who are careful about what they eat and drink, there is Vitamin Water as a healthy alternative to sugary drinks

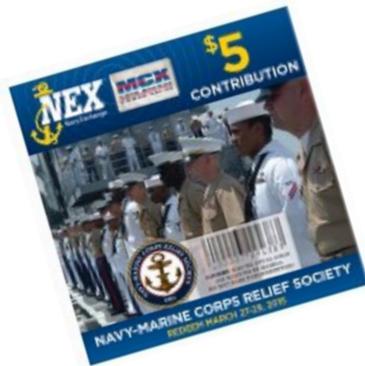


KINGS BAY NAVY EXCHANGE

The Navy Exchange provides its customers in the US Navy, Navy Reserve, family members, retirees, and more, many quality goods and services.

◇ NAVY MARINE CORPS RELIEF SOCIETY BENEFIT TICKET CAMPAIGN

Now through March 29, customers will be able to take advantage of a great sale event, and help NMCRS, too. By purchasing a \$5 benefit coupon, customers get specific discounts March 27 – 29.



◇ NEW VAN GUARD KIOSK

The NEX Uniform Shop has installed a Van Guard Kiosk. This kiosk allows patrons to easily order ribbons and/or metals. Patrons may pay for their ribbons and/or metals directly at the kiosk. Also, they have the ability to ship the items directly to their residence. The kiosk is near the check-out counter at the Uniform Shop.

◇ MINI MART GAS STATION

The "Fuel Call" services were installed at the Mini Mart Gas Station. This service helps assist customers by allowing them to press a button while fueling to let a Navy Exchange associate know they are in need of assistance.

Hours of Operation:

Monday - Friday
9 am - 6 pm
Saturday -
Sunday
9 am - 5 pm

Fuel Call Hours:

Monday - Friday
9 am - 6 pm
Saturday - Sunday
10 am - 4 pm

Phone:

912-882-6098

KINGS BAY COMMISSARY

The Kings Bay Commissary provides groceries to military personnel, retirees and their families in a safe and secure shopping environment. A core military family support element, and a valued part of military pay and benefits, com-

missaries contribute to family readiness, enhance the quality of life for America's military and their families, as well as help recruit and retain the best and brightest men and women to serve their country.

STORE SERVICES

- ◇ Bakery
- ◇ Custom Photo Cakes
- ◇ Deli
- ◇ Fresh Sandwiches to go
- ◇ Plants
- ◇ Rotisserie Chicken

Hours of Operation:

Sun: 10 am - 5 pm

Mon: CLOSED

Tue: 9 am - 6 pm

Wed: 9 am - 6 pm

Thu: 9 am - 7 pm

Fri: 9 am - 6 pm

Sat: 9 am - 5 pm

Phone:

912-573-3313

Navy-Marine Corps Relief & Dolphin Store

NAVY-MARINE CORPS RELIEF SOCIETY

Hours of Operation:

Monday - Friday
9 am - 3 pm

Uniform Locker Hours of Operation:

Monday - Friday
9 am - 3 pm

Phone:

912-573-3928

Outreach

Services:

- ◇ Financial Assistance & Counseling
- ◇ Education Loans & Grants
- ◇ Budget for Baby
- ◇ Emergency Travel & Loans
- ◇ Disaster Relief
- ◇ Visiting Nurse Services

When you're having trouble meeting urgent financial needs, the Navy-Marine Corps Relief Society may be able to provide an interest-free loan or grant. Through financial counseling, we'll also help you plan for better financial stability. From everyday bills to unexpected expenses, our caseworkers are ready to help. They understand the unique chal-

lenges of military life, and they're ready to listen and suggest options to bring you needed relief, and our services are completely confidential.

VOLUNTEER OPPORTUNITY

Volunteers are the backbone of the NMCRS. Helping Sailors and Marines in times of need or crisis is an excellent way to make a difference while adding pur-

pose and perspective to your own life.

Volunteer opportunities in the Society include leading a team, performing mission-related tasks, and providing support and assistance.

UPCOMING CLASS

March Budget for Baby Workshop is March 12 at 10 am in the NMCRS Conference Room.



THE DOLPHIN STORE

The Dolphin Store Kings Bay is a Non-Profit store and 100% of the proceeds are donated to The Dolphin Scholarship Foundation (DSF). We are located at the campus resource center.

The Dolphin Store offers gift and souvenir items that can be hard to find elsewhere. The Store's merchandise includes: Navy and submarine-related items, clothing, jewelry, home decor, household items, gift ware, baby items, toys, and so much more. Most items have submarine or Navy insigni-

as, and some of the items can be personalized and/or custom designed.

The Dolphin Store is managed and staffed by volunteers. We are always looking for volunteers to work in the store, at special events and just donate their talents!

The store is available for FRG meetings, Meet & Greets, and other special functions. We ask that groups give us a minimum of two weeks' notice so we can find volunteers and accommodate the request.

Hours of Operation:

Monday,
Tuesday,
Thursday &
Friday
11 am - 1 pm

Wednesday
noon - 2 pm

Phone:

912-573-6102

Around the Neighborhood



CAMDEN COUNTY

“As the Tree Falls”

March 1

St. Marys Little Theatre presents “As the Tree Falls,” an original musical written by St. Marys resident Gaila Brandon. The musical depicts the role of slaves during the War of 1812 and the British occupation of Cumberland Island.

For more information call 912-552-5559.

4-H Lucky Clover Glow Race 5K & 1 Mile Run/Walk March 7

Come out for a family friendly fun run to benefit Camden County Georgia 4-H youth through camp and conference scholarships, reward trips, and special events. The 5K will be chip timed and will recognize for 1st, 2nd, and 3rd for each age group by gender beginning with 15 & under up to 50 & over in 10 year increments. Register at Active.com.

Cumberland Island National Seashore Trip March 14-21

Join the Trailblazers this

Spring Break for a service trip to Cumberland Island National Seashore. Plan to leave March 14, and backpack the length of the island over the course of three days enjoying the trails, wild horses, beaches, and historic sites that the park has to offer. The next three days will be spent volunteering with the park rangers to repair trails and engage in various conservation efforts to keep the island beautiful for generations to come.

St Marys Community Market March 21

Ready for the fresh finds at the farmers’ market? For all the fun salads, pastas, and desserts you’re making, the answer is yes! Your favorite

Camden County Events for March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Mar 1 - “As the Tree Falls”</p> <p>Folds of Honor Quik Trip 500 NASCAR Sprint Cup Series Race</p>						<p>Mar 7 - 4-H Lucky Clover Glow Race 5K & 1 Mile Run/Walk</p> <p>Mar 21 - St Marys Community Market</p> <p>Mar 28 - Peter Cottontail Express</p>
<p>March 12-15 - 3rd Annual Georgia Elvis Festival</p>						
<p>March 14-21 - Cumberland Island National Seashore Trip</p>						

summer recipes are just a trip to the market away. Visit the market to purchase organic produce, seafood, jewelry, homemade baked goods, wild honey and more.

Runabout in the Royal District Auto Show March 21

This annual event is held on Lee Street in downtown Kingsland. Early registration is going on through March 13. You can register your vehicle to be in the show or as a vendor, but certainly come check out the car show! Visit KingslandDDA.com for more information or to download registration forms.

Peter Cottontail Express March 28

Journey to Easter Land where lovable Peter Cottontail climbs aboard with his magic eggs and hosts a special Easter egg hunt for all the good little boys and girls.

The Woodbine Opry Every Friday & Saturday in March

The Woodbine Opry is the home of bluegrass, gospel, and classic country music provided on a weekly basis. This is where the Grand Old Opry meets Hee Haw! Friday evenings are filled with old-timey bluegrass and gospel songs while Saturday's program is

amplified country. No matter which you prefer, an evening of fun and entertainment can be found at The Woodbine Opry.

ELSEWHERE IN GEORGIA Folds of Honor Quik Trip 500 NASCAR Sprint Cup Series Race

March 1

NASCAR racing returns to Atlanta Motor Speedway second scheduled stop on the 2015 NASCAR calendar! The Folds of Honor QuikTrip 500 Sprint Cup Series race will headline the weekend, as the superstars of racing battle in just the second race of the season. Georgia native Cole Swindell kicks off the festivities with a pre-race concert at 11 am.

St. Patrick's Festival March 1-31

Spend St. Patrick's Day in Dublin ... Georgia! The St. Patrick's Festival in Dublin takes place the entire month of March, with the main events taking place the weekend following St. Patrick's Day. The festival includes a hot air balloon fest, parade, leprechaun contest, road race, arts and crafts show and much more. You won't want to miss this family fun event!

3rd Annual Georgia Elvis Festival March 12-15

The Georgia Elvis Festival will return to the Ritz Theater in Brunswick, Ga.! The annual event is a three-day festival celebrating the life and music

of Elvis Presley through live performances of his music. The festival features two headline shows on Friday and Saturday, and is preceded by an opening ceremony on Thursday night, held in Mary Ross Park.

Georgia Military Family Weekend March 14-15

Are you ready for a fun-filled family weekend full of outdoor fun? The Military Family Weekend returns for 2015! Check in at Fortson 4-H Center in Hampton, Ga., begins at 10:30 am on the 14th. Priority is given to all who are currently serving, and military families from the Active Duty, Guard or Reserves. Veterans and retiree families are eligible to attend, too! Registration opens in February. Visit georgia4h.org/military for more information and to register.

The Harlem Globetrotters! March 12

The iconic Harlem Globetrotters are coming to the Savannah Civic Center! With incredible ball handling wizardry, amazing rim-rattling dunks and trick shots, side-splitting comedy and unequaled on-court fan interaction, this must-see event is guaranteed to entertain the whole family creating memories that will last a lifetime. Join Globetrotter stars after the game where they will stay for an autograph and photograph. For tickets head to Savannahcivic.com/events/harlem-globetrotters/.

Around the Neighborhood

**JACKSONVILLE
Disney Live!
Mickey's Magic
Show
March 7**



Mickey, Minnie and a host of Disney friends come together with world-class magicians to perform magic from legendary Disney films right before your eyes. See the Fairy Godmother transform Cinderella's rags into a ball gown in a split second; the spectacular levitation of Aladdin's Princess Jasmine; and the enchanted dancing brooms of Fantasia. Join Donald and Goofy, and

many more for a one-of-a-kind stage show you'll never forget. Get tickets at ITT.

**PBR BlueDEF Velocity Tour
March 7**

For one night only, the best up and coming bull riders in the world will face foes nearly 10 times their weight during the most thrilling 8 seconds in sports. Each rider will face one bull in Round 1 and then the Top 10 scoring riders of the night will come back for one more ride in the championship round, each competing to be crowned the champion. Ticketmaster.com.

**The Color Purple - Starring Jennifer Holliday
March 11**

A soul-stirring new musical and landmark Broadway event, *The Color Purple* is an inspiring family saga that tells the unforgettable story of a woman who - through love - finds the strength to triumph over adversity and discover her unique voice in the world. Ticketmaster.com.

**Journey and Steve Miller Band
March 12**

Journey and Steve Miller Band are coming to Jacksonville. Diamond-certified album holder Journey has sold 80 million albums worldwide and

Jacksonville/Fernandina Events for March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Mar 15 - John Mellencamp</p> <p>Mar 22 - An Evening with Audra McDonald</p>			<p>Mar 11 - The Color Purple</p>	<p>Mar 12 - Journey & Steve Miller Band</p> <p>Mar 19 - NCAA March Madness</p> <p>Mar 26 - Nickelback</p>	<p>Mar 27 - Eric Church</p>	<p>Mar 7 - Disney Live! PBR BlueDef Velocity Tour</p> <p>Mar 14 - Elton John</p> <p>Mar 21 - NCAA March Madness</p>
<p>March 17-22 I Love Lucy - Live On Stage</p>						

has earned 19 Top 40 singles and 25 gold, platinum and multi-platinum albums since its formation in 1973 in San Francisco. One of rock music's all-time greats, the Steve Miller Band has sold more than 30 million records in a career spanning more than 40 years. Tickets at LiveNation.com.

Elton John & His Band March 14

Elton John and his band return to Jacksonville as part of the "All The Hits" tour. The tour will feature iconic hits and classic album tracks from throughout his incredible five-decade career, including a selection of songs from his highly acclaimed remastered album, *Goodbye Yellow Brick Road*. Ticketmaster.com.

John Mellencamp March 15

"The Voice of the Heartland" will perform in Jacksonville at the Times-Union Center with special guest Carlene Carter. Every online ticket purchased will receive a digital download code for the new album *Plain Spoken*. Ticketmaster.com.

I Love Lucy – Live On Stage March 17-22

Come watch the brand-new hit stage show adapted from the most beloved program in

television history! It's 1952, and you are a member of the DesiLu Playhouse studio audience awaiting the filming of two hilarious and oh-so-familiar *I Love Lucy* episodes. It's a one-of-a-kind theatrical experience. For more information, contact artistseriesjax.org or call 904-442-2929.

NCAA March Madness March 19 & 21

Jacksonville Veterans Memorial Arena hosts the second and third-rounds of the 2015 NCAA Division I Men's Basketball Championships. Tickets at NCAA.com.

An Evening with Audra McDonald March 22

Audra McDonald joins your Jacksonville Symphony for an evening of American song, from pop to standards, from Hollywood to Broadway. She electrified Broadway in *Ragtime*, *Porgy and Bess*, and *Carousel*. She even made Broadway history with a record-breaking sixth Tony Award for her portrayal of Billie Holiday in *Lady Day at Emerson's Bar & Grill*. Ticketmaster.com.

Nickelback March 26

Multi-platinum selling rock band Nickelback are bringing their massive headlining tour to Jacksonville in 2015 in support of their eighth full-length

studio album, *No Fixed Address*. Ticketmaster.com.

Eric Church March 27

Eric Church will bring "The Outsiders World Tour" to Veterans Memorial Arena. Special guest is The Cadillac Three. He closed out 2014 with country music's top-selling album, the Platinum-certified and genre-busting *The Outsiders*, and storms in 2015 with four Grammy nominations and a new addition to his widely successful Outsiders World Tour 2015. Ticketmaster.com.

FERNANDINA

Slide into Spring Music & Craft Beer Festival

March 28-29

Slide into Spring Music and Craft Beer Festival features craft beer tasting and a full lineup of amazing live music, including the one and only Wailers! Tickets at Eventbrite.com.



ON THE HORIZON:

Jacksonville Suns vs. Miami Marlins April 4

The Jacksonville Suns are the minor league Class AA affiliate of the Miami Marlins. The Suns are proud members and five-time champions of the 10-team Southern League of Professional Baseball.



Lodging & A Helping Hand

NAVY LODGE

The Navy Lodge is conveniently located in the housing area, and room rates on the average are 45% less than civilian hotels.

The Navy Lodge offers:

- ◆ Full kitchen
- ◆ Wi-Fi
- ◆ Pet friendly rooms
- ◆ Accommodates up to 5 people

Reservations:

Make reservations online at www.navy-lodge.com or call 1-800-628-9466

Phone:

912-882-6868

NAVY GATEWAY INNS & SUITES

Our conveniently located facility located on upper base near the Navy Exchange, Commissary, and recreational facilities. All rooms have free Wi-Fi and kitchenettes. All active duty personnel, retired military members

and their family and friends, as well as DoD eligible employees are entitled to stay. NGIS is the preferred lodging choice for all DoD employees and military members traveling on official TDY/TAD travel orders.

Reservations:

Make reservations online at www.dodlodging.net or call Central Reservations 1-877-NAVYBED

Phone:

912-573-4971

A HELPING HAND

◆ **Suicide Prevention:** Are you or someone else struggling to cope with a personal crisis? Call 912-573-4512 or call the National Suicide Prevention Lifeline phone number 1-800-273-8255.

◆ **Chaplain:** Chaplains assist military personnel and family members in dealing with concerns such as faith issues, stress, redeployment or reunion issues, and ethical values. Call 912-573-4501.

◆ **Family Counseling:** Stress can be caused by family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, and other difficulties. Call 912-573-4512.

◆ **Parenting Assistance:** The New Parent Support Program is a team of professionals providing supportive and caring services to military families with new babies. Call 912-573-4512.

◆ **Navy Marine Corps Relief:** NMCRS provides emergency financial assistance, interest-free loans, scholarships and other support to Navy and Marine families. Call 912-573-3928.

◆ **Ombudsman:** Your Ombudsman appointed by your Commanding Officer to serve as a link between your command and its command families. If you don't know your Ombudsman's number, call the SUBASE Ombudsman at 912-464-9377.

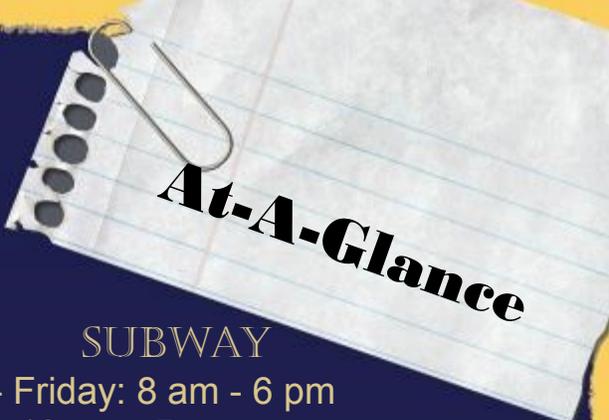
◆ **Red Cross:** Red Cross workers send emergency communication messages to service members wherever in the world they happen to be. Call 912-651-5382.

◆ **Sexual Assault:** If you have been, or think you may have been sexually assaulted, call the DoD Safe Helpline 877-995-5247 of the SUBASE SAPR at 912-573-0992.

◆ **SUBASE CDO:** The command duty officer is the direct representative of the commanding officer. In an emergency, when other base services and Ombudsmen are not able to be reached, contact the CDO at 912-674-5033.

IMPORTANT NUMBERS:

- ◇ Autoport
912-510-9027
- ◇ Barbershop
912-882-6228
- ◇ Beauty Shop
912-882-6152
- ◇ Chapel
912-573-4501
- ◇ Child Development Center
912-573-3888
- ◇ Fitness Center
912-573-3990
- ◇ Fleet & Family Support Center
912-573-4512
- ◇ Galley
912-573-9639 / 912-573-9638
- ◇ ID Card Issuing:
912-573-8259
- ◇ Information, Tickets & Tours (ITT)
912-573-1157
- ◇ Jacksonville USO
904-778-2821 / 904-778-7928
- ◇ Kings Bay Commissary
912-573-3313
- ◇ Morale, Welfare and Recreation
912-573-2538
- ◇ Navy Gateway Inns and Suites
912-573-4871 / 912-573-4971
- ◇ Navy Marine Corps Relief Society
912-573-3928
- ◇ NBHC Kings Bay Appointment Line
912-573-6450
- ◇ Post Office
912-573-9633
- ◇ Security
912-573-2271
- ◇ Veterinary Clinic
912-573-0755



At-A-Glance

SUBWAY

Monday - Friday: 8 am - 6 pm
Saturday: 10 am - 5 pm
Sunday: 10 am - 4 pm

MCDONALDS

Monday - Saturday: 5 am - 11 pm
Sunday: 6 am - 11 pm

DOMINO'S PIZZA

Sunday - Thursday: 10 am - midnight
Friday - Saturday: 10 am - 1 am
Phone: 912-510-5400

TRIPLEX GRAB-N-GO

Monday - Thursday: 11 am - 11 pm
Friday: 11 am - midnight
Saturday: noon - midnight
Sunday: noon - 11 pm
Phone: 912-573-4548

KB FINNEGAN'S IRISH PUB

Monday, Wednesday & Thursday:
3:30 - 10 pm
Tuesday: 4:30 - 10 pm
Friday: 3:30 - 11 pm
Saturday: 4:30 - 11 pm
Phone: 912-573-9429

O'BRIEN'S BUNKER RESTAURANT

Monday - Friday: 10:30 am - 1:30 pm
Phone: 912-573-0008

PIRATES COVE GALLEY

Monday - Friday
Breakfast: 6 - 7:30 am
Lunch: 11 am - 12:45 pm
Dinner: 4:30 - 5:30 pm
Weekends and Holidays
Brunch: 10 am - noon